

Smoothies & Treats



Original Yoghurt

Classic Banana-Strawberry Smoothie



Ingredients

- *1/3 cup Freanna Plain Yoghurt*
- *2/3 cup orange juice*
- *1 banana, peeled*
- *2 heaping cups*
- *(12 ounces) individually quick-frozen strawberries*

Directions

1. Put the orange juice, yoghurt, banana, and 1 cup of the berries in a blender.
2. Blend using the pulse option (or start at a low speed and gradually increase to high).
3. Once blended, add the remaining berries one at a time through the jar cap's fill hole while the machine is running.
4. Blend until smooth.



Strawberry Mango Frozen Yoghurt

Ingredients

- *1 cup Freanna Plain Yoghurt*
- *1 lb strawberries, rinsed and hulled*
- *2/3 cup sugar*
- *2 mangos*



Directions

1. Slice the strawberries into small pieces.
2. Toss in a bowl with the sugar until the sugar begins to dissolve.
3. Cover with plastic wrap and let stand at room temperature for 2 hours, stirring every so often.
4. Transfer the strawberries and their juice to a blender or food processor.
5. Add the yoghurt and mango.
6. Pulse the machine until the mixture is almost smooth.
7. If you wish, press mixture through a mesh strainer to remove any seeds.
8. Chill for 1 hour, then freeze in your ice cream maker according to the manufacturer's instructions.

Pineapple- Raspberry Parfait



Ingredients

- 2 cups Freanna Plain Yoghurt
- 1/2 pint fresh raspberries, (about 1 1/4 cups)
- 1 1/2 cups fresh, frozen or canned pineapple chunks

Directions

1. Divide and layer yoghurt, raspberries and pineapple into 4 glasses.



Rich Freanna Parfait



Ingredients

- *4 cups Freanna Plain Yoghurt*
- *1 cup whipping cream*
- *1/2 cup sugar*
- *2 cups peaches, cut in small pieces*

Directions

1. Whip cream until it's thick.
2. Add sugar to yoghurt.
3. Mix in whipped cream.
4. Add peaches and enjoy!

Freanna Pecan Delight



Ingredients

- *1 cup Freanna plain yoghurt*
- *1 tbl sp Sugar in the Raw*
- *1 tbl sp Amber Agave Sugar*
- *1/2 cup pecans*

Directions

Add all ingredients together and enjoy!